

Free wellbeing support for Careerforce learners

Need someone to talk to?

If you're finding things tough — whether it's stress, health worries, money pressures, or whānau challenges — we're here to help.

Our friendly Wellbeing Advisors offer confidential support via phone, text, email, Teams, or in-person (location dependent).

Reach out anytime. Talk to your Assessor or complete the referral form on our website to connect.

Take the first step

Visit our website: www.careerforce.org.nz/MHSupport

Or email us at: wellbeingsupport@careerforce.org.nz

Or scan the code just here.



*excludes Gateway students

Remember learners who are enrolled with Careerforce can also access a free counselling service from professional employee assistance provider Vitae <https://vitae.co.nz/Te-Pukenga-wbl>. The Vitae confidential counselling service is available 24/7.